



# ABLE BODIES

*Adventures in Better Living through Exercise*

This is to certify that \_\_\_\_\_ has completed a 16 week Able Bodies balance training program and has more strength, better posture, more endurance, more flexibility, and better balance than ever! \_\_\_\_\_ is now ready for many new adventures!



\_\_\_\_\_  
**Instructor**

\_\_\_\_\_  
**Facility**

\_\_\_\_\_  
**Date**

## Way to go!